

BETH ISRAEL DEACONESS MEDICAL CENTER

Suggested Checklist for Hospital Bag

LABOR & DELIVERY (bring these items with you to the hospital when you go into labor)

- Eyeglasses**
- Toiletries** – Toothbrush, toothpaste, hairbrush, shampoo, conditioner, lip balm, etc.
- Phone and charging cord**
- Camera and charging cord/extra batteries**
- Photo Identification** – For completing birth certificate information.
- Insurance card and contact information for insurance company** – You'll need to call the insurance company after your baby is born to sign him/her up for insurance.
- Sweatshirt/extra layer for support person** – The Labor & Delivery floor is kept cool for the patient's comfort.

POSTPARTUM CARE (these items can stay in the car until after delivery)

For Patient

- Pajamas (two sets)** – Include loose-fitting pants and a shirt that is nursing-friendly, if you plan to breast-feed.
- Bathrobe** – For walking around the hospital hallways.
- Slippers** – Something suitable for polished hospital floors.
BIDMC provides gowns and slipper socks to patients, but patients may prefer to bring their own clothes from home.
- Nursing bra**
- Breast-feeding pillow** – Some patients find it helpful to use a breast-feeding pillow in the hospital, but it is not necessary.
- Lanolin cream** – Helps soothe sore nipples from breast-feeding (and is safe for babies); examples are Lasinoh, Purelan.
- Clean clothes** – For going home from hospital (maternity clothes will still be needed after the birth).
- Snacks** – Especially if you have allergies or special nutritional needs; BIDMC will provide three meals a day for the patient and partner.
- Laptop or tablet** – BIDMC has free Wifi available in all patient rooms.



For Baby

- Outfit(s) for going home** – Typically, baby is in a hospital-provided T-shirt until it's time to go home. The general rule for outfitting your baby is to dress him/her in however many layers you're comfortable wearing, plus one layer.
- Blanket(s) for going home**
- Car seat** – We suggest having your car seat inspected to make sure it's properly installed before the baby arrives. Check with your local town office to see where inspections are done in your area.

For Support Person

- Change of clothes**
- Toiletries**
- Photo Identification**
- Insurance card** – Especially if this person is the primary policyholder for patient and/or baby.
- Eyeglasses**
- Phone and camera charger**
- Medications**

HELPFUL ITEMS (not needed at hospital but good to have in stock at home)

- Sanitary napkins**
- Stool softener** – Examples: Colace or docusate sodium, 100 mg.
- Nursing pads**
- Breast pump, if you plan to breast-feed** – BIDMC can help you acquire a breast pump, if needed.
- Prepared meals or frozen foods**

